



March 2019*

Apple Tree Prep-Bogart// Monthly Newsletter

Important Dates:

March 10th Daylight Savings
Spring Forward!!

March 11th Monday Pre-K and Oconee County Schools will be closed for a teacher work day. Please sign up for Camp ATP at the front if you need care. (\$35) Space is limited

March 17th: St. Patrick's Day

Announcements & Reminders

***Remember to check your child's cubbies & folder each day.**

***Please make sure your child has an extra change of clothes every day.**

***Please remember to clock your child in and out every day. This is a state requirement!!**

***Please remember tuition is due Friday, the week before care or Monday of care.**



Weekly Themes

March 4th-8th

Fairytales and Fables

March 11th-15th

Ireland, Rainbows & St. Patrick's Day

March 18th-22nd

Spring & Changing of Seasons

March 25th-29th

Insects & Lifecycles

Directors Corner:

Starting Friday March 8, 2019 we will provide note cards for you to write weekly "Praise Notes" to your child's teachers bragging on their hard work. Teachers don't always hear about the positive things they are doing in the classroom so this is a great opportunity to sing their praises! These notes will be posted on the breakroom bulletin board. Thank you for your support! We love our ATP families!

Keeping Families Active

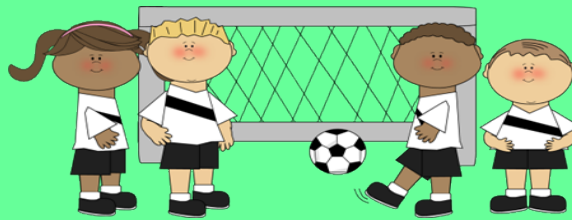
****Helpful tips to keep your children active****

***Add small 10 min activities into your day*Make exercise fun**

***Every little bit you add helps**

Ideas for getting exercise to fit your busy day:

(Walk the dog, play backyard football, race your child, skate the neighborhood, walk somewhere close instead of driving)



Healthy Snack Idea:

Rainbow Fruit Plate

Ingredients:

**Red Fruit (Strawberries)
Orange Fruit (Oranges) Yellow
Fruit (Pineapples) Green Fruit
(Grapes/ Kiwi) Blue Fruit
(Blueberries) Violet Fruit
(Grapes)
Bananas (for the ends)**



Directions

Cut fruit and arrange into a rainbow as pictured!
Let the children help with arranging the fruit!
Enjoy a Fun & Healthy Snack!!

**** Healthy Eating Tip****

Your child should eat 1- 1 ½ cups of fruits each day depending on their age.
Visit www.choosemyplate.gov to find more tips about healthy eating!